

5 a Day-Power Play!

News



Healthy Snacks for Your Kids

Candy, chips, and cookies for snacks?! Throw them away and start eating *5 a Day*!!! That's 5 servings of fruits and vegetables every day. Buying junk food like chips and cookies for your kids can not only be pricey, but it can also be unhealthy. Chips and cookies contain "empty calories," which are calories that have little or no nutritional value. For these kinds of snacks that means most of the calories are from fat and/or sugar. Definitely NOT nutritious!

Instead of choosing junk food, why not introduce healthier snacks that contain fruits and vegetables? They certainly cheaper, easier to prepare, and have less packaging (better for the

earth). You can even help your kids start a small garden if you have space. Some vegetables don't take up much space at all. Some can even be grown in pots. (Check your local library for books on starting small gardens.)

Help your kids eat 5 servings of fruits and vegetables a day by providing them healthy snacks, such as apple slices or celery sticks with peanut butter. Fruits and vegetables have important vitamins and minerals that help your child grow, develop, and do well in school. They can also give kids more energy to stay active throughout the day. Start your kids eating *5 a Day* today, and if you're not getting your 5, you can start too!

Simple Snacks

Healthy snack recipes from the *Children's 5 a Day—Power Play!* program:

Spark-ling Grapes:

- Pour half of a 3 ounce package of flavored gelatin powder into a bowl. Pour the other half into a clean, empty salt shaker.
- Carefully add 1/2 cup boiling water to the bowl of gelatin. Stir until powder is dissolved.
- Dip grape clusters (about 6 grapes per cluster) in liquid gelatin mixture. Shake off extra liquid. Plate on a plate.
- Use the shaker to sprinkle gelatin powder over grapes. (You can sprinkle

powder with your fingers if you don't have a shaker.) Serve in paper cupcake cups or small bowls. (Time to make: 15 minutes)

*You can use the left over powdered gelatin to make colorful apples.

-Cut an apple in half. Sprinkle each apple half with powdered gelatin from shaker (or with fingers). Let apple sit for 5 minutes or until colors brighten.

If your child is a 4th or 5th grader and doesn't have a *Kids...Get Cookin'!* Cookbook, talk to their teacher about getting one.

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Kid Corner

Can you guess the fruit or vegetable?

- I'm a yellow fruit with 3 "A"s in my name. My potassium can help your muscles work better. What am I?
- Before I became a box of raisins, I was a bunch of _____. What am I?

Remember, children & adults need at least 5 servings of fruits & vegetables & 60 minutes of physical activity everyday for better health!

ANSWER: 1) banana 2) grapes

For more information about the *5 a Day-Power Play! Campaign*,

please contact:

Melodee Lopez, R.D.

at (909) 387-6320

Or visit our website at

www.sbcounty.gov/eatwell